

Breaking the Glass:

How to stop listening to all the things that are holding you back from happiness and success

Do you

- ✓ **Feel like contentment, satisfaction and happiness is just out of reach or even feels muted?**
- ✓ **Find yourself being held back by others opinions?**
- ✓ **Feel like Fraud Police stalking your every move – telling you “You are a fraud” or “You can’t do it”?**

Can relate to any of these questions? Then chances are, there is a part of you which feels trapped inside a glass box, preventing you from fully stretching out and experiencing happiness, joy and contentment. You are being held back by layers of other people’s expectations of you, and even the negative self-talk in your head.

So tell me....

Are you finally ready to begin the process of breaking that glass holding you back, and finally experience a happier you?

In this 20 minute presentation, you will learn:

- **How to Look at the Influences in your Life** - *So you can see what and who are contributing to the glass box*
- **How to Disable the Inner Fraud police** - *By learning to hear your inner voice and decide what truth or lies*

***“She uses a four-key approach: integrating balance in not only the physical realm of my work and personal life but also in the mental, emotional and even spiritual realms...
Holly is so very supportive and has mastered mentorship! I unreservedly recommend her”***

R.R. MBA, Entrepreneur, Writer and Consultant in the Naturopathic Industry



Holly Hansen

Holly deeply believes in helping people find out what will uniquely create meaning, happiness, balance and contentment in their lives. She creates a sacred, positive and supportive learning and coaching space to help her clients learn, explore and grow. In her coaching practice, she draws from unique life experiences: from her own wealthy family complex dynamics to early exposure to the entertainment/music industry, as well as successfully overcoming her own personal barriers to happiness.
International Coaches Academy Advanced Program- ICF recognized program.

Book this free talk for your group at 408-836-1802 * Four Keys Coaching – www.four-keys.com